WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

1. This is tough. But so am I.

2. I may not be able to control this situation. But I am in charge of how I respond.

3. I haven't figured this out...yet.

4. This challenge is here to teach me something.

5. All I need to do is take it one step at a time. Breathe. And do the next right thing.